

## ITP Core Practice Intentions

1. I take responsibility for my practice and for all transformations of my body and being that flow from it. While respecting my teachers and fellow practitioners, I understand that in designing and engaging in my practice I am my own authority.
2. I join in community in vision and practice. I may also choose to practice on my own, knowing that my practice supports and is supported by the larger ITP community.
3. I engage in moderate to vigorous aerobic exercise for thirty minutes a day or in increments of my own choosing, with a goal of three hours weekly. Three sessions of strength training a week are also recommended.
4. I am conscious of everything I eat and drink.
5. I develop my intellectual powers through reading, writing, and discussion. With curiosity and love of life-long learning, I integrate cognitive understanding into my practice.
6. I open my heart to others by staying current in expressing my feelings to those close to me and take care of my emotional needs in appropriate and healthy ways, seeking counsel when needed.
7. I create up to three personal affirmations for each six- to twelve-month period, related to significant positive change within. I also include in my practice the universal ITP affirmation: "My entire being is balanced, vital, and healthy." I actively engage in realizing these affirmations.
8. I practice the ITP Kata or a comparable mind/body practice five times per week or as often as possible. As part of my practice, I include progressive relaxation, affirmations and meditation. Additional periods of meditation during the day are recommended.
9. I look for ways to be of service, supporting the evolution of humankind towards a more balanced, peaceful, and joyful condition. I contribute in whatever way I can to the wellbeing of our planet and all of life.